

Free 

# The Empowered From Within Life Assessment

*Discover the Areas of Your Life  
Ready for Growth, Healing, and Alignment*



AWARENESS IS THE FIRST STEP.

*Alignment is the next.  
Empowerment is the journey.*



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*Empowered From Within*

RECLAIM YOUR POWER. REBUILD SELF-TRUST. LIVE ALIGNED. 

# **The Empowered From Within**

## **Life Assessment**

A Guide to Discovering the Areas of Your Life Ready for Growth, Healing and Alignment

Created by Jamie Marie Wey

Numerologist & Intuitive Empowerment Coach

## **Welcome**

Many people feel disconnected, overwhelmed, stuck in old patterns, or uncertain about their next steps. Often, the issue isn't that something is wrong with them. It's that parts of their life have drifted out of alignment with who they truly are.

This assessment is designed to help you pause, reflect, and gain clarity about where you are today.

As you move through these pages, be honest with yourself. There are no right or wrong answers.

Awareness is always the first step toward transformation.

# What Is Life Alignment?

Life alignment occurs when your thoughts, choices, relationships, work, and daily actions reflect your authentic values and inner truth and knowing.

When you are aligned, you experience:

- Greater peace
- More confidence
- Stronger self-trust
- Increased energy and motivation
- A deeper sense of purpose and direction

When you are out of alignment, you are:

- Disconnected from yourself
- In self-doubt
- Feel resentment or frustration
- Feel lack of motivation
- Feel stuck or uncertain

The purpose of this assessment is not to judge where you are. It is simply to help you see clearly.

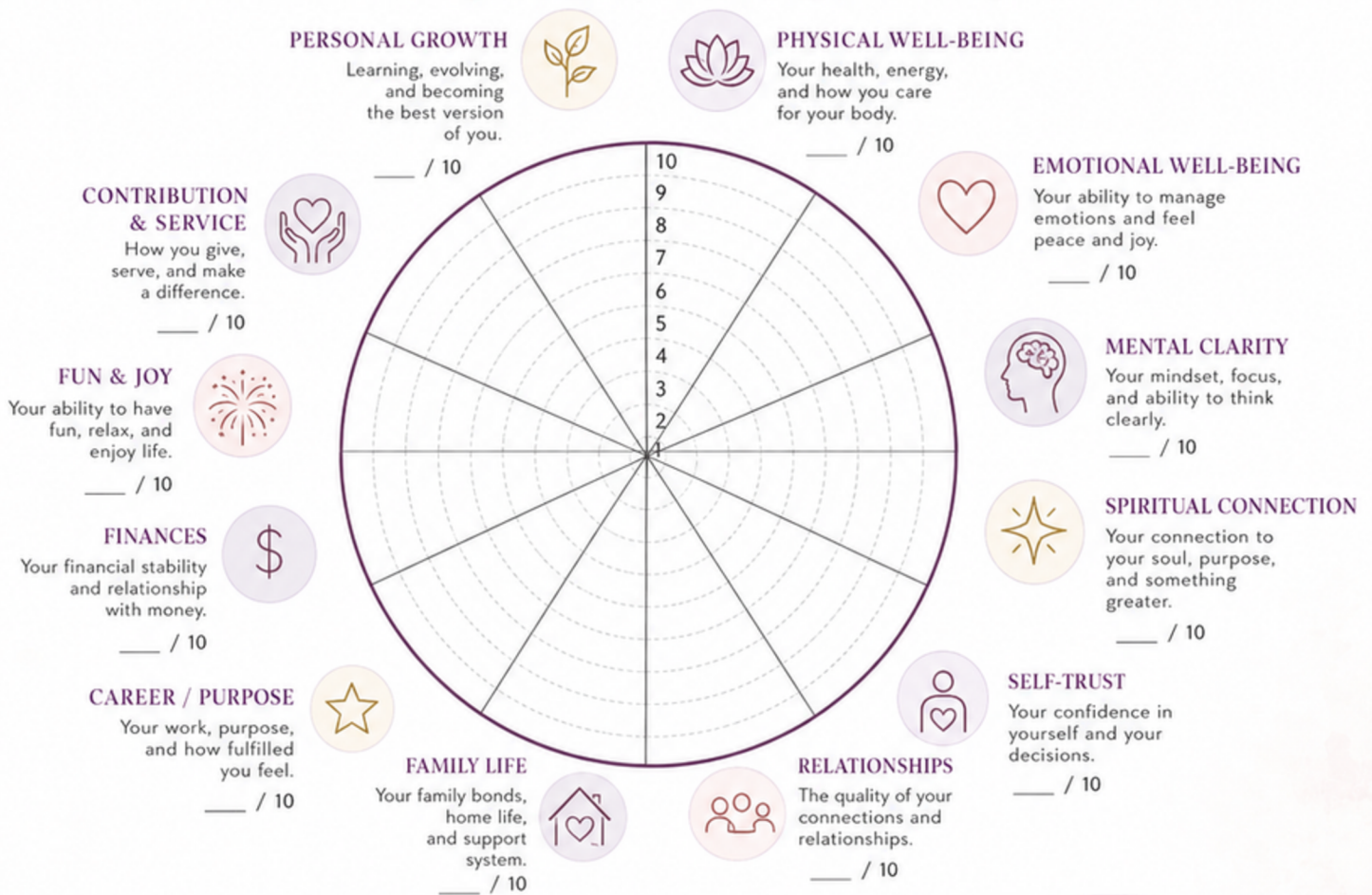
**Use The Wheel of Life Assessment on the next page to determine where you are in and out of alignment with your true self.**

# WHEEL OF LIFE

Where Are You Now? 

The Wheel of Life is a visual tool that helps you see how balanced (or unbalanced) different areas of your life are.  
Rate your current level of satisfaction in each area on a scale of 1–10.

1 = Very Dissatisfied | 10 = Fully Aligned and Thriving



## How to Use Your Wheel

- ♥ Rate each area honestly from 1–10.
- ♥ Plot your score on the wheel.
- ♥ Connect the dots.
- ♥ Notice where your wheel feels full and where it feels empty.
- ♥ Focus on progress, not perfection.

## Reflection Question

What does your wheel reveal about your current season of life?

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 AWARENESS IS THE FIRST STEP. ALIGNMENT IS THE NEXT. EMPOWERMENT IS THE JOURNEY. 

# **Reflection**

Answer the following questions based on your assessment.

**Which three areas received your highest scores?**

**What is currently working well in those areas?**

**Which three areas received your lowest scores?**

**What might these areas be trying to teach you?**

**How are you feeling about the results of your assessment?**

# Reclaiming Your Power

Take a moment to reflect honestly.

**Where have I been looking outside myself for answers, approval, validation, or direction?**

**Where am I not fully trusting myself?**

**What truth have I been avoiding?**

**What would change if I trusted myself completely?**

# **Your Vision**

*Imagine yourself six months from now.*

*You have done the inner work.*

*You have honored your needs.*

*You have taken aligned action.*

*You trust yourself.*

*You feel empowered from within.*

**What does your life look like?**

**How do you feel?**

**What are you most proud of?**

# **Your Next Step**

Growth doesn't happen all at once.  
Transformation begins with one aligned step.

**The area of my life that is most out of alignment right now is:**

**One belief, habit, or pattern I am ready to release is:**

**One action I can take this week is:**

**One way I can honor myself more fully is:**

# Your Next Step

First, take a moment to acknowledge yourself. You have just given yourself the gift of awareness—a powerful act of self-love and empowerment.

Remember, this assessment is not about judging where you are. It is about illuminating where your soul may be inviting you to bring more attention, compassion, healing, and alignment.

Every area of your life is simply providing feedback. Some areas may feel vibrant and aligned. Others may be gently asking for your care and attention. Wherever you find yourself today is perfect. Awareness is the first step. Alignment is the next.

If You're Ready for Deeper Personal Insight...

## **The Magic of You Session**

Your life is not random. You came here with a unique energetic blueprint. In a private Magic of You Session, we explore your personal numerology chart to uncover:

- Your natural gifts and strengths
- The lessons and patterns shaping your journey
- Areas where you may be out of alignment with your authentic self
- Guidance for creating greater clarity, confidence, and purpose

This experience helps you understand yourself on a deeper level so you can make empowered choices that honor who you truly are.

When you understand your unique energy, life begins to make more sense and alignment becomes easier.

To Book: [www.jamiemariewey.com](http://www.jamiemariewey.com)

If You're Seeking Ongoing Support and Community...

## **The Empowered Heart Collective**

Transformation is powerful. Transformation in community is life-changing.

The Empowered Heart Collective is a heart-centered gathering for individuals who are committed to personal growth, self-discovery, and living empowered from within.

Inside the Collective, you'll find:

- Monthly Empowered Heart Calls
- Guided visioning and empowerment practices
- Supportive community connection
- Inspiration, encouragement, and accountability
- A safe space to continue growing into your most aligned self

You don't have to walk this journey alone.

To Join: [www.jamiemariewey.com](http://www.jamiemariewey.com)

Wherever You Go From Here...

Trust yourself.

You already hold the wisdom you seek.

This assessment is simply an invitation to listen more deeply to what your heart, your soul, and your life are already showing you.

Your next level of alignment isn't something you need to earn.

It's something you're ready to remember.

With love,

Jamie Marie Wey

Numerologist & Intuitive Empowerment Coach